

ABSTRACT

The present invention uses an inertial force exercise device comprised of an ergonomically snug grip handle bar, racking collars on either side of the handle including head plates in combination with a storage racking system that
5 enables appropriate mating with the racking collars of the inertial force exercise device. The racking collars are comprised of a circumferential groove that mate with a "U" shaped spaces or openings on the racking storage unit. This way, the outer surfaces of the dense extremities of the exercise device are not exposed to the rack to become damaged. The invention therefore isolates the outer
10 surfaces on the dense extremities of the exercise device from physically contacting the storage rack. The storage system is also space efficient because the slots need not be configured to accommodate the largest size dense extremity, but only the racking collars of the exercise device.